



Haramokngna

American Indian Cultural Center

CULTURE CLUB

Native California Indian land management/
inter-relationship principles – an new (old) way
of interacting with native plants

By Kat High

Director

Haramokngna American
Indian Cultural Center

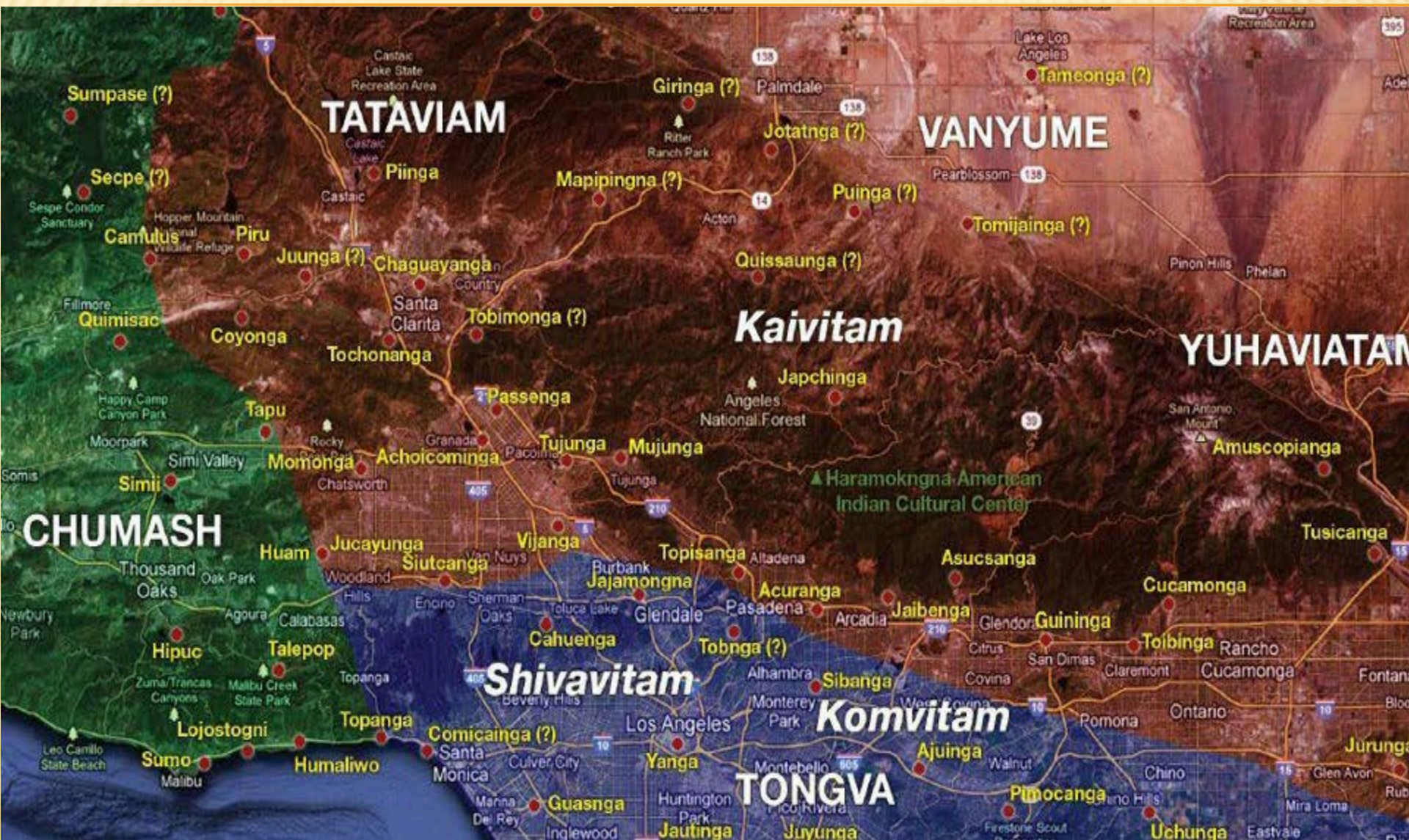
ROOTS



[illegible]

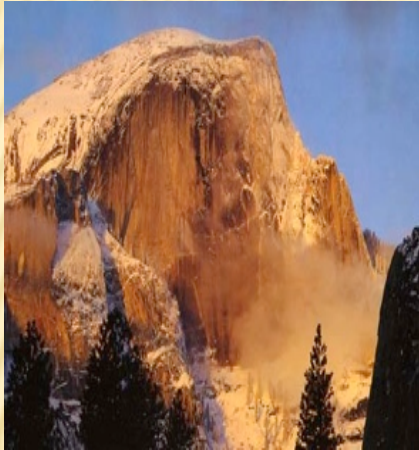
- Creator made all the bioregions, no 2 alike – gave each a people to sing its songs, do its dances, **keep it in balance** – through life style

TRADITIONAL VILLAGES IN LA AREA



WE ARE ALL RELATED

A NATIVE VIEW OF INTER-RELATIONSHIP



Rock People



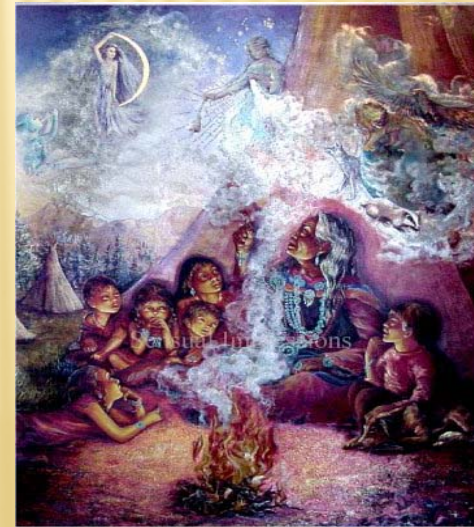
Mother Earth



Plant People

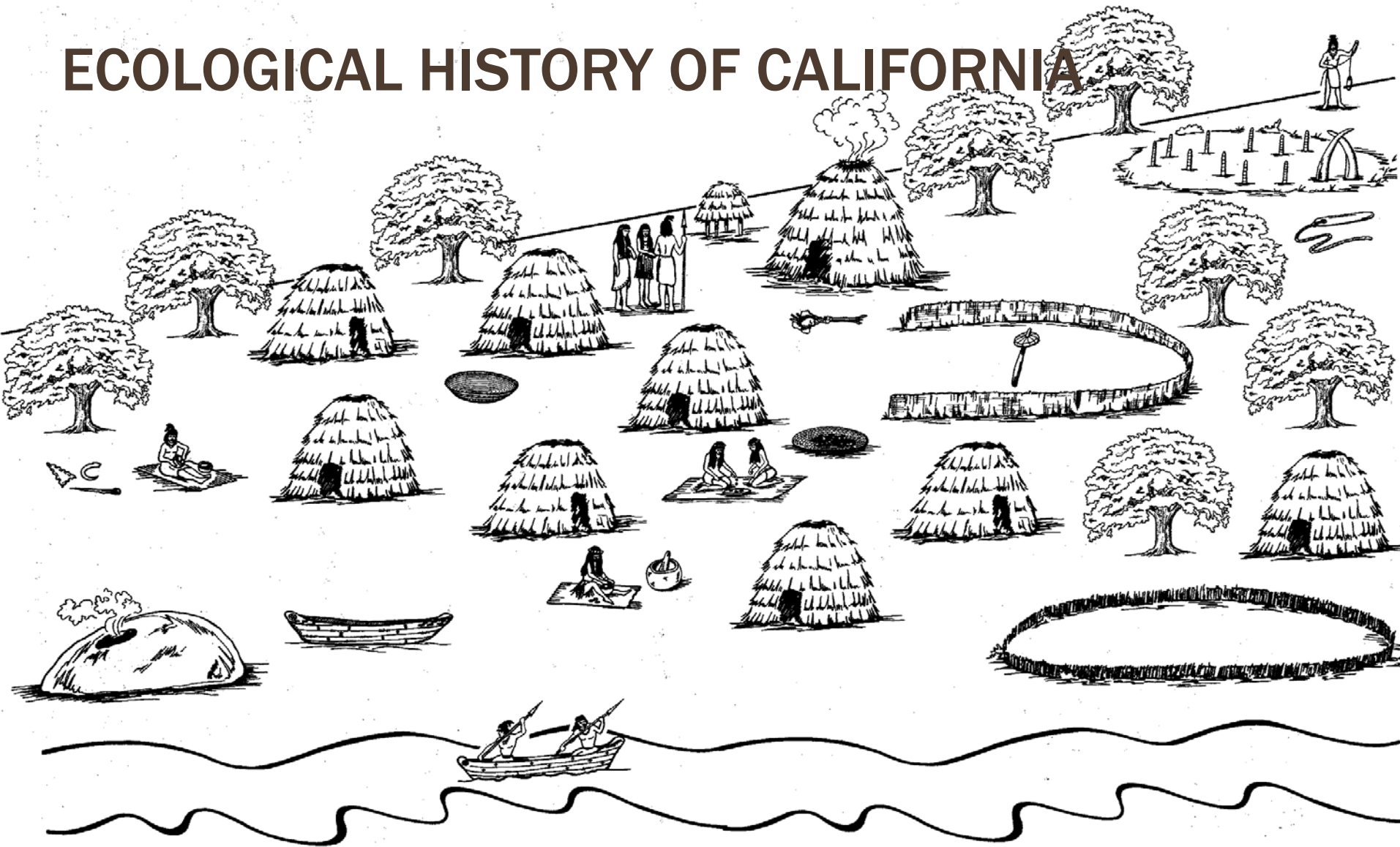


Animal People



Spirit People

ECOLOGICAL HISTORY OF CALIFORNIA



For many thousands of years People lived along waterways, hunting, gathering, and living in balance with the land

GATHERING SEEDS WITH A SEED BEATER AND CARRYING BASKET



STORING ACORNS IN A WILLOW GRANARY



COOKING ACORN MUSH IN A BASKET



ECOLOGICAL HISTORY OF CALIFORNIA



When the Spanish arrived, they wrote that our land “looked like a well-tended garden”

ECOLOGICAL HISTORY OF CALIFORNIA

CHAPEL AND PRINCIPAL BUILDINGS OF THE EX-MISSION SAN FERNANDO.

The People were “recruited” to work at the missions, at European tasks, and their traditional way of life was forbidden

COLLISION OF WORLDS



“Grazing was among the Activities that caused the greatest damage. Coastal prairies, oak savannas, prairie patches in coastal redwood forests, and riparian habitats, all rich in plant species diversity and kept open and fertile through centuries of Indian burning, became grazing land for vast herds of cattle, sheep, goats, hogs, and horses owned by the Spanish missions and rancheros.”

M. Kat Anderson, 2005, *Tending the Wild*

INDUSTRIALIZATION = CLIMATE CHANGE



COLLISION OF WORLDS



“Today – expanding concrete, channeling of water, pollution of air, depletion of resources, changing role of native – we need to regain the understanding of caring for the Earth –

REGAINING THE BALANCE



Mother Earth

REGAINING THE BALANCE



It starts with you – become more aware, more involved

THE 6 R_s OF HARAMOKNGNA

The base

1. Respect

The basis of Native American relationship with the Earth and with each other – it represents the Respect we have for the Creator and with all aspects of creation – it includes Respect for oneself, for one's neighbors, for the environment, for the elders and for the future generations

2. Responsibility

We must take responsibility for our actions – every action has a wide ripple of effect. We must be aware of the effect of our words, our actions, and our attitudes toward the Earth , toward others, and toward ourselves

3. Restore

We must restore the balance of life, the balance of our relationships with the Earth and other members of the bioregions, and the restoration of the native plants and ecosystems that underlie our modern society

THE 6 R_s OF HARAMOKNGNA

The Tools

4. Reduce

We can reduce the amount of stuff in our lives – the excessive use of resources, including water, fuel, air, electrical power, and trash – we can learn to live happily with a more conscious level of consumption

5. Reuse

Many of the products we use daily can be reused again, rather than tossing them into a landfill

6. Recycle

You know this one – please recycle rather than trash

RESTORING THE RELATIONSHIP



How were native plants used traditionally?

HOW ARE NATIVE PLANTS STILL USED?



Food



Ceremony



Material
Culture



Medicine

RESTORING THE RELATIONSHIP



How were native plants “managed” traditionally?

RESTORING THE RELATIONSHIP



How can we continue our native plant relationship?

Indigenous Land Management (Relationship)

Management Techniques

- × Burning
- × Irrigating
- × Pruning & Coppicing
- × Sowing
- × Tilling
- × Transplanting

Benefits

- × Game management
- × Insect gathering / insect control
- × Modify growth of plants
- × Increase certain species
- × Increase soil fertility & reduction of erosion
- × Make gathering easier
- × Change plant community composition
- × Prevent large destructive fires
- × Eliminate diseased plants & harmful insects
- × Increase biodiversity

RESTORING THE RELATIONSHIP



All was done in the service of gathering

GATHERING WITH RESPECT

- ✕ Offer a Prayer

- ✕ Ask Permission

- ✕ Give the Plant Intent

Tell the plant what you need it for



GATHERING PROTOCOL



Show respect

Gather in proper season

Gather no more than you need

Gather from different areas to
prevent over-gathering

Use tool appropriate to the plant

Leave enough to ensure strong
growth, survival of other users

Indigenous Land Management (Relationship)

Pruning & coppicing

- Removing dead or living branches to improve production
 -
- Elderberry, willow,
- Chaparral plants
- oaks



Indigenous Land Management (Relationship)

Sowing

Seeds of plants
scattered in the area
to increase production
– or sown closer to
village

(deergrass, yucca,
chia, eg)



Indigenous Land Management (Relationship)

Tilling

- Loosening soil around roots/rhizomes
- (hazel, sedges, soaproot)



Indigenous Land Management (Relationship)

Transplanting

- Bringing tubers, roots closer to the village, or spreading them out to thin crowded plants –
- (soaproot, camas)



Indigenous Land Management (Relationship)

Weeding

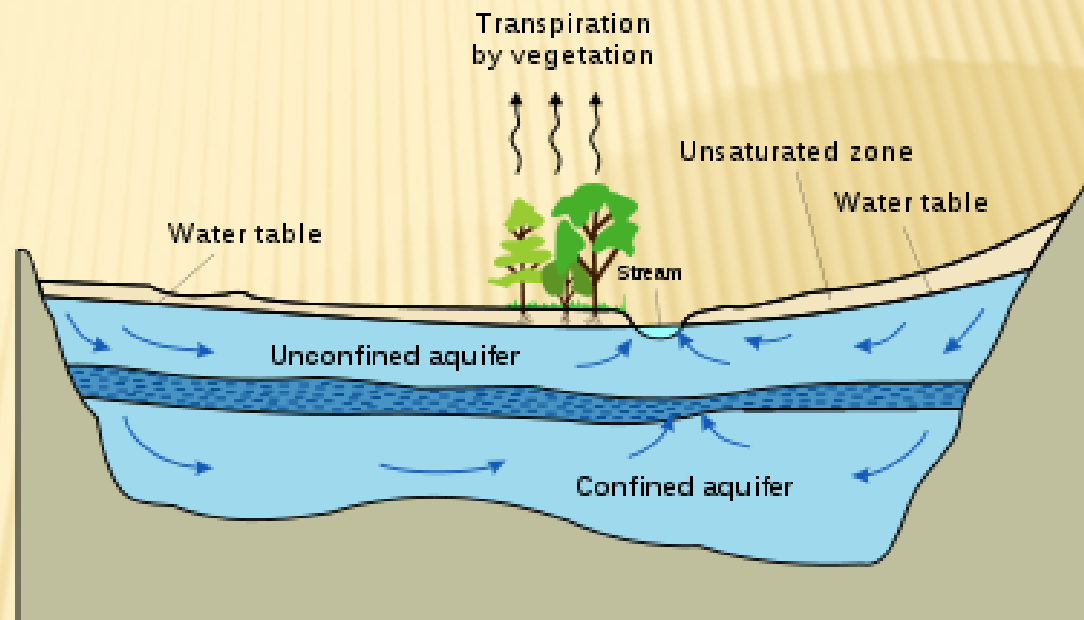
- ✕ Removing unwanted plants



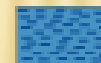
Indigenous Land Management (Relationship)

Irrigation

Mostly by enhancing
underground aquafirs



High hydraulic-conductivity aquifer



Low hydraulic-conductivity confining unit



Very low hydraulic-conductivity bedrock



Direction of ground-water flow

Indigenous Land Management (Relationship)

Burning

Benefits include: increasing the abundance & density of edible tubers, greens, seeds, enhanced feed for wildlife, better control of insects & diseases, removal of dead material and increase nutrients for desired plant communities.

Also reduces the fuel load of the understory to prevent runaway fires. Regular cycle of burning, following cycles of gathering



Example – white sage (*Salvia apiana*)

Uses

Food – stalks – eaten raw

seeds – ground for pinole

Medicine – leaves – for coughs,
congestion, dry mucus membranes,
decrease lactation, decrease heavy
menstrual flow

Ceremony – smudging

Material culture – soaps, incense



Seasons of the sage

Spring



Tender young stalks gathered before
flowers form
Peeled, and eaten like celery stalks

Summer



The plant's energy has
gone into It's own
reproduction and survival
– flower stalks are never
gathered

Seasons of the sage

Fall



Leaves can be gathered for medicine

Seeds can be gathered with a seed-beater for food - sowing

Can be burned after seeds sown

Winter, and all year, when needed



Leaves can be gathered
Ceremony and medicine
Care should be taken to
take the top leaves, leaving
base stems energy to grow
new shoots,

RESTORING THE RELATIONSHIP



What can you do?

RESTORING THE RELATIONSHIP

Join our culture club – learn how to see our inter-relationship with our native plants

Find which plant you will use, plant them – and manage them at home

Find ways to increase the use of native plants in your community – and educate on useful management (community parks, business parks, etc)

What can you do?

MOU FOR SAN FERNANDO HERITAGE PARK



NATIVE YOUTH PLANTING WHITE SAGE



NATIVE YOUTH DOING PARK CLEAN-UP



GATHERING DEERGRASS



FAMILY GATHERING ARTEMISIA CALIFORNICA



NATIVE YOUTH GATHERING WILD ROSE HIPS



RESTORING THE RELATIONSHIP

Ask for permits to gather on public and private lands – help educate on traditional land management for the benefit of the land

Find creative uses for your favorite native plants – interact!

What can you do?

GATHERING ON PUBLIC LAND

Organizations such as the California Indian Basketweavers Association (CIBA), the California Indian Storytelling Association, the Cultural Conservancy, and the Advocates for Indigenous California Language Survival are working actively to preserve traditional practices and languages.

The California State Department of Parks and Recreation, the U.S. Forest Service, and the National Park Service have long acknowledged California Indians' ties to public lands by allowing Indians access for plant gathering. More recently, however, the forest service and the Park Service have begun to rethink their roles; they are going beyond issuing passive use permits at actively integrating native peoples' management of traditional plant resources into public lands management programs.



CULTURE CLUB - GATHERING



Gathering deergrass at Chilao



Gathering acorns on the trail



Gathering yucca for class



Gathering chia seeds on fireroad

CULTURE CLUB – USING NATIVE PLANTS



Willow basket workshop



Making a tule cradleboard



Rabbit skin blanket workshop



Making a willow seedbeater

HAUT CAMPBELL TEACHING LOCCA COORDAGE



TEACHING DOGBANE CORDAGE



RABBIT SKIN BLANKET WORKSHOP



CUB SCOUT FIELD TRIP WORKSHOP WITH NATIVE PEOPLE AND PLANTS



WHAT CAN YOU DO ON THE TRAIL?



GATHERING PRICKLY PEAR TUNAS



GATHERING ACORNS



GATHERING PINE NEEDLES FOR BASKETS & TEA



GATHERING THE WILD YUCCA FOR A WORKSHOP



GATHERING FIREWOOD WITH A PERMIT



NOTICE THE STATE OF NATIVE PLANTS

- ✖ 1. Notice the season – what needs to be gathered?
- ✖ 2. Notice the spacing – are plants too crowded?
- ✖ 3. Notice the presence of invasives –
- ✖ 4. Who could benefit from your gathering – People? Plants? Animals?

IF YOU ARE CLEARING TRAILS – DON'T LEAVE CUTTINGS TO TURN TO TINDER



**BRING THEM FOR US TO USE – OR USE
THEM YOURSELF!**



WORK WITH YOUR COMMUNITY TO START A COMMUNITY GARDEN



Southwest Museum community garden

SCHOOL GARDEN IN CHATSWORTH



BRINGING IT HOME

Start sage from gathered seeds or small seedlings, planted no more that $\frac{1}{4}$ " deep

Sage needs full sun, sandy, well-draining soil

Once about 4" tall, thin so the seedlings have about 2 ft between plants

Don't overwater your sage plants – once they are established, only when the top soil feels very dry

Occasionally praise, and sing to your sage



DOGBANE JUNGLE IN OUR YARD




GATHERING MINER'S LETTUCE IN FRONT YARD



SMALL SPACE GARDEN



LEAD THE WAY

- 
- 1. Conserve energy**
 - 2. Follow the 6 Rs**
 - 3. Eat and shop local produce and products**
 - 4. Drive less**
 - 5. Advocate for community native plants and management**
 - 6. Take care of the land, and the land will take care of you**

GATHER TOGETHER WITH FAMILY



GATHER TOGETHER WITH COMMUNITY – AND GIVE THANKS



Remember our plant relatives need our interaction as much as we need them

We are all related
Walk in Beauty

Kat High
Haramokngna American Indian
Cultural Center
katcalls@aol.com